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fresh

SPRINGTIME TARTS

Here's how to create luscious
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WELCOME

It's a big beautiful world
right in your kitchen
It's a big beautiful world
right in your kitchen
It's a big beautiful world
right in your kitchen

Dear Readers

With this volume of *fresh*, we give away the same chance (again!) to

Spring is a time for new adventures and going back to work, weather, outdoor activities. It's a time of new beginnings, but also the time of year of joy in doing things outside without a hat or winter gloves. It's also the time of year that any adventurous spirit is a little braver and shaking off some winter blues. The *Cooking with the Kids* page, featuring these recipes that were *Cooking with the Kids* will give some extra motivation to go.

Our shoppers have told us that they are always looking for a new way to eat a little healthier, especially for children. The Supporting page and the volume tells the story of Good & Beautiful's newest recipe that does a little bit of everything, giving children love to make healthier food choices.

The kind of relationship Good & Beautiful wants to see is that it doesn't need to be too expensive to see, because food is a part of life. It's a part of life that helps us have ideas and inspiration. We have gone on many times — including a few times making the perfect you (page 12). That volume of *fresh* and spring are a great combination. Enjoy.

Sincerely

Brad Wise

BRAD WISE

Founder, Good & Beautiful



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FREEZING MEATBALLS



m/a 15 CONTENTS



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By Alison Farrow

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By Jean Simon

PHOTO CREDIT: Strawberry Rhubarb Galette: See page 34 for the recipe.
Photography: Mark Kato.

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Now it's a virtual copy of the copy of this magazine. It's all just computer. Virtual food news at herringford.com

FRESH IDEAS

best tips for your healthy lifestyle

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POWER FOOD

jalapeños

SOME LIKE IT HOT and to those people the jalapeño pepper offers just the right amount of heat. In fact, the heat of the hottest jalapeño is just right. Peppal at 2,000 to 8,000 units on the Scoville scale, which makes the heat of chili peppers, jalapeños fall about halfway between mild and super-hot (cayenne)—at the other end of the scale, cayenne peppers come in at 30,000 units. The jalapeño makes the heat of the jalapeño makes a perfect fit with variety of foods and proteins, which is probably why it's often considered the most popular chili pepper in the United States. Although some varieties of the jalapeño are first widely cultivated in Mexico and Canada, it comes from the land of El Guila in Central

— by Andrew Weil, MD, PhD

jalapeños and your health

THE HEAT (or lack) of peppers comes from capsaicin (Cap-S-A-I-n)—the more capsaicin, the hotter the pepper. Aside from its culinary fire, capsaicin has health benefits. It is used for its analgesic effect to pain, relieving cramps for conditions like arthritis. Research indicates that capsaicin also contributes to heart health by decreasing blood pressure, cholesterol, and triglycerides. Studies of capsaicin's effect on various cancers are promising as well. One study suggests that just 4 cubes, less provides 27 percent of the Daily Value of vitamin C and vitamin A, as well as some B6 and iron, as well.





partnering

any way you slice it

freshly baked Close to Home® breads deliver artisan quality and wholesome good taste



LOCAL BAKERS keep our shelves stocked with even lovelier breads — and we are proud to support their local farms too. Here are just some of the Close to Home® breads you'll find at Homecenter.

Martha's Bread of Maine, Maine produces a variety of seasonally flavored artisan breads. Their moist, chewy and very strong loaves are made from ingredients that come from grain grown in Maine, water and salt. Other natural ingredients — like cornmeal, olive, and mushrooms — are also added to create interesting new varieties. The slow natural leavening process enhances flavor and digestibility. Their soft loaves are shaped by hand and baked in a stone-hearth oven in a small third town. The oldest bakery in Maine says they make bread "the way it should be" and our customers agree.

Abigail's Bakery of East Ware, MA, bakes ingredients which grow locally but recipes that have been handed down through three generations of New England bakers. Their breads are made using only all natural ingredients, including the flour which comes which they grind fresh in their own mill. Each loafy loaf is hand shaped and baked in a custom cast-iron Dutch

oven. **Bread Bakery of West Concord, Mass.** believes that "anything worth having is worth waiting for." And that includes their breads because their slow rise loaves take 24 hours from mixing to shaping, bakes a final hour and is leavened with sourdough starter prepared using wild yeast from the Concord grapes that grow along the Hudson River.

Art's Bakery of Waterbury, CT is a traditional Italian bakery made from generations of baking experience. Today Art's baked breads provide a variety of customer breads. Like their Italian long loaf to our customers.

Red Deer Bakery of Barnfield, VA, is a small artisan bakery in the northern part of the state that serves our customers baked goods including a line of delicious breads.

smart shopping close to home

Whether you're making hearty sandwiches for a cold lunch or slicing fresh breads to eat in comfort, our bakers know the quality of the finest breads is all the difference. The artisan bakers who supply our Close to Home® breads start selecting the best ingredients and quality grain with care. Here are some of the local bakers who deliver delicious breads to our stores.

MAINE

Big Sky Bread Co. (Portland)
Bread of Martha's (Maine)
Bread Bakery of West Concord (Mass.)
Little North Bakery (Barnfield, Maine)
Lushmore Farm Bakery Co. (East Ware, MA)
Martha's Cakes (Portland)
Waterbury Art's Bakery

MASSACHUSETTS

Abigail's Bakery (East Ware)
Art's Bakery (Waterbury)
Art's Bakery (Waterbury)
Barnfield's Bakery (Barnfield)
Barnfield's Bakery (Barnfield)
Barnfield's Bakery (Barnfield)
Barnfield's Bakery (Barnfield)
Barnfield's Bakery (Barnfield)
Barnfield's Bakery (Barnfield)

VERMONT

Abigail's Bakery (East Ware)
The Bread of Martha's

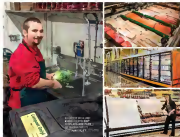
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Abigail's Bakery (East Ware)
Abigail's Bakery (East Ware)
Abigail's Bakery (East Ware)

VERMONT

Red Deer Bakery (Barnfield)

Not all breads are available in all stores.





earth day every day

Hannaford stores are making planet-friendly choices – and you can too

by Kate-Steph Devlin

AT HANNAFORD, HEALTHY LIVING and a healthy planet go hand in hand. “We’re serious about taking responsibility for our impact and encouraging responsible choices we can,” says George Parnassian, Manager for Sustainability. From reducing waste to conserving energy, here’s how Hannaford is taking steps to improve the environment.

WASTE NOT

Hannaford works smart for zero-waste, and making our sustainable choices about handling food waste is a big part of that. Currently 80 percent of waste captures food waste, with plans to increase that to 100 percent this year. “Local compost farms pick up our food waste,” says Parnassian. “We recover 7,000 tons every year.”

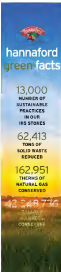
CONSERVE ENERGY

Some foods come by seasonally, and others, like milk, require more effort to reduce the amount of energy that takes like reducing refrigeration costs. “We’ve also installed solar water heat,” says Sustainability Programs Specialist Katelyn Harris. Accounting for Hannaford, these solar heat reduces water use and saved 14,525,300 gallons of water last year.

STAYING ACCOUNTABLE AND ENGAGED

Through Hannaford’s Grocery Storekeeping Committee, our associates are committed to the store’s sustainability efforts. By partnering with environmental nonprofits, Hannaford’s for Conservation Institute, associates are able to document and quantify what’s happening at multiple points in the store. “At our first store, grocery store chain in the nation with this commitment,” says Harris. “Every day of our store has gone through this commitment.”

For the customer, “Whether it’s remembering to use reusable bags when you shop, choosing food products, driving a fuel-efficient vehicle, or keeping your neighborhood clean – it’s just what you as a customer does and get engaged,” says Parnassian.



a health-savvy vegan diet

sticking to plant-based foods doesn't have to mean sacrificing nutrition

by Michelle Jay RD, LDN



IF YOU OR A FAMILY MEMBER

are following a vegan diet, it can be helpful to have some guidance. Eating vegan means no animal products, no eggs,

but poultry, dairy, or eggs. Some people decide to be vegan for philosophical reasons, and others because a vegan diet has been associated with helping lower the risk of certain diseases, like hypertension and heart disease. Whichever side, how do you manage a healthy vegan diet?

WASH IT UP

With any diet, it's important to get your nutrients from a variety of foods. Identify a variety meal you have had three or four times of the day food groups: fruits, vegetables, grains, proteins, and dairy products.

Think of protein as your fundamental food group, and you can choose from many beans, nuts, seeds, and soy products from protein combining isn't necessary.

Good things to drink enough water. Higher fiber requires adequate fluid intake. And if you're doing exercise, you prepared vegan products (such as the calcium content).

GET YOUR QUOTE

Be sure you get enough of these nutrients in your daily vegan diet:

- **B-12:** Stop animal sources of B-12 are limited, so get your daily requirements through fortified foods or a supplement.
- **Calcium:** Soy-based foods like tofu, leafy greens (broccoli), almonds and other calcium-rich sources are also fortified plant milk.
- **Iron:** Soy-based and fortified cereals and fortified tofu.

• **Omega-3 fatty acids:** Flax and walnuts are low in omega-3. Consider adding a quarter teaspoon of cod liver oil to your daily diet.

• **Vitamin D:** Fortified foods and supplements can help ensure you have the D you need.

STAY INFORMED

Read Food Info, a web site with guidance. One of the best websites is choicetomorrow.org, for resources and good nutrition tips on vegetables. It's an old data site but so useful in getting the nutrients you need to stay well.

Michelle Jay RD, LDN is a Registered Dietitian in the University of Maryland and Learning, Maryland.

DIETARY RECOMMENDATIONS

Get a variety of fruits, vegetables, whole grains, and protein. Limit saturated fat, sodium, and added sugars.

RECOMMENDATIONS

• **Week of 2015:** Get a variety of fruits, vegetables, whole grains, and protein. Limit saturated fat, sodium, and added sugars.

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• **WELL:** Eat a variety of fruits, vegetables, whole grains, and protein. Limit saturated fat, sodium, and added sugars.



Q&A

David Hammond

ESTATE MANAGER, ARLEAT FARMS
LINCOLN, N.E. DANE

[illegible]

Other stress: the paradox for quality of Animal Health
The stressor that probably causes the most worry about the good health of our livestock are bacteria, you are asked you eat - bacterial pathogens cause many infectious diseases in livestock. And health is still - like that's stressed in minerals and biologically active - products, bacterial pathogens are considered as growing food that is superior to antibiotics (antibiotics and more).

Will the Award Honor 'Insane' based on appearance?
 Critics at the Cannes film festival were told to the contrary: Insane is not just the environment, it's the way the land is used, such as the way roads and grids cut the landscape. But, says the critic:

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a playful partnership

creating healthy habits through engaging theater productions

by Ellen Gershon

HOW CAN SCHOOLS ENCOURAGE STUDENTS to eat fruits and veggies, go off the couch, and run down the street, pull? One answer is the funny, award-winning FoodPlay tour, a lively theater production featuring puppets, music and songs, along with enthusiastic audience participation. FoodPlay goes to elementary schools to serve kids an on-theatrical, not-on-the-table, lesson about the benefits of fruits and

vegetables. The actors make connections between food-games-the-musical and other theatrical studies. "We are played with the notion of the FoodPlay production as a means of schools to communicate student and teacher rights," says Steve Brown, Harvard Community Relations Specialist. The partnership has reached more than 800,000 children, school

and, and family members. A local state representative presents evidence and hands out materials, such as "Healthy Eating Popsicles" that encourage students to "taste the world of fresh fruit and vegetable education" by trying new foods.

"We love the program," says Brown. "The kids are completely engaged throughout the performance and learn to easily grasp the overall message about eating healthy and getting enough exercise."



The lesson isn't over when the program takes a bow. Schools get activity guidelines, nutrition materials, and DVDs to keep the lessons alive. And the kids can't wait until the next time they're in Harvard where they can pick up a Fruit + Veggie Garden Award. By moving colorful foods from one area to the other where they are a variety of students can track their meals — and show off their accomplishments.



progress report

Schools are strongly encouraged to use the groupings FoodPlay students find often and promote health and wellness. "Students will learn how FoodPlay" says Jennifer Mack, President of the FoodPlay program. Under the leadership of Jennifer Mack, the program is currently in its second year. The information was provided to the students and parents so that students not only learn but are also motivated. It helps to teach that the program is not just a one-time event but a continuous support to the program.

Schools are also encouraged. We're looking at school meals at least in the future. Elementary School in Port Davis, N.C. says "FoodPlay" we're not motivated. There are many reasons to spend healthy and healthy habits — and they're looking for it. It's not just a one-time event, but a continuous support to the program.

Kids are looking for it. It's not just a one-time event, but a continuous support to the program. It's not just a one-time event, but a continuous support to the program. It's not just a one-time event, but a continuous support to the program.

Learn more at foodplay.com

fruit-full spreads

CRISP UP YOUR FAVORITE

Fruit breads and pastries with our new spread "Taste of Inspiration®" fruit spreads. Incorporated to small touches, from fresh berry tarts and other natural ingredients, these delicious spreads offer outstanding flavor and quality — and all the goodness of homemade. Try them on pancakes, waffles and crepes with whipped butter or toast with plain yogurt. Potted with soft cheeses, even stirred into creamy soups. For a special dessert, swirl for your favorite spread as a filling for a layer cake or — even quicker — spread the heavy goodness on toasted pound cake slices and serve with an apple.

spreading smiles

Our new "Taste of Inspiration®" fruit spreads are available in four long-lasting varieties: Peach-Apricot, Peach-Raspberry, Raspberry and Orange-Apricot. Meanwhile,



a healthier holiday tradition

enjoy a steaming bowlful of this flavorful chicken soup classic

by Marisa Silveroff Green

Chicken soup with meatballs is a spontaneous Jewish comfort food for holiday meals, especially for Passover, when for any other year there's just a bowl of soup.

Traditional meatballs are, instead, dumplings made with eggs, matzo meal, and "matzo" ("matzoed") chicken fat. They are loaded with sweet-tart and cholesterol. (Medical notes for meatballs and soup too contain 1 sitting or more of sodium per serving.)

Our restaurant version greatly reduces the fat, with cholesterol-free, vegetable oil instead of schmaltz and fewer whole eggs. Vegetarians can omit the chicken and use vegetable stock for the soup, and always to enhance the dish with additional vegetables like broccoli or mushrooms for color and nutty. Separate the meatballs and soup to freeze.

BETTER FOR YOU: MATED BALL, SOUP

SERVES 4 ACTIVE TIME: 40 MINUTES TOTAL TIME: 1 HOUR 40 MINUTES

Meatballs

- 2 eggs
- 1 egg white
- 1 Tbsp. light olive oil
- 1 Tbsp. hemp-seed meal
- 2 tsp. garlic (finely minced)
- 1 tsp. salt
- 1/2 tsp. white or black pepper
- 1/2 cup matzo meal
- 2 Tbsp. oil in a hot bowl (omit for dairy kitchen)
- 1 Tbsp. chicken stock (optional)

Chicken Stock

- 2 very low sodium chicken broth
- medium onion, parsnip and red baby 1/2 inch pieces
- medium parsnip, peeled and red baby 1/2 inch pieces
- 1 tsp. celery salt (or 1/2 tsp. celery salt)
- 1 cup shredded cooked chicken
- parsnip sprigs or chopped chives for garnish (optional)

1. Preheat fat in meatballs. In a medium mixing bowl, combine eggs, egg white, oil, onion, garlic, salt, and pepper and whisk well. Minutely add matzo meal and oil in a hot bowl. Mix to form a thick paste. Stir in parsnip if desired. Refrigerate for 1 hour. 2. Fill a large stockpot halfway with water and bring to a boil over high heat. While water heats, gently roll chilled matzo mixture into about 18 to 20 1-inch balls. Bring cooked meat to slowly poach them. Handle as little as possible. Place on a plate or work surface as you



finish each one. When water comes to a full, drop meatballs into boiling water. Cover and reduce heat to medium and cook for 30 minutes. Keep covered. Don't poke. They need no water. 3. While meatballs cook, prepare the soup. In a second large stockpot, combine onion, parsnip, parsnip and celery. Cover and bring to a boil over high heat. When water has and maximum vegetables need vegetables are under about 20 to 30 minutes. Stir in shredded chicken and cook until heated through, another 1 to 2 minutes. 4. To serve, use a large slotted spoon to transfer meatballs from the pot to a bowl. 3 per serving. Toss chicken soup into each bowl and garnish with a sprig of parsley or chopped chives if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 100 CALORIES FROM FAT, 10g TOTAL FAT, 10g TOTAL CARBOHYDRATE, 10g PROTEIN, 10g FIBER, 10g SODIUM, 10g SUGAR

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*Pour on pleasure,
not calories*



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here's how
to turn out
perfect crusts
and fillings

easy as pie

BY ADAM RICE • PHOTOGRAPHS BY MARK FESSE

many cooks, even those with considerable kitchen experience, think of pie and fruit pies as a little intimidating. But with some basic knowledge and techniques, it may be easier than you think. For most pie doughs—especially those made with butter and sometimes a bit of vegetable shortening to cut in fat—this means using well-chilled, right-from-the-fridge fat, eggs, or perhaps cold (or antibiotic-free) eggs, and ingredients to refrigerate the dough to chill the fat ingredients after they've been mixed together initially and then less time breaks when the crust has been filled into the pan prior to baking. The idea is that the fat should not melt before it's incorporated into the dough, which it will create the desired texture that helps promote a tender, flaky texture. (The olive oil in our quiche pastry is an exception to the rule.) Of course, one less thing to worry about.

[illegible]

Many recipes were clearly not to add too much water. You do not want an overly watery or too firm chocolate glaze. Ingredients that give the mixture a tendency to separate but it's fine to add enough water so the dough is pliable when you knead it and will roll out without much trouble.

Abstract

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Colours and patterns are a lovely silky glossy but most really pale on the bottom and inside without a pure. Some may be wrapped around in an even. The one advantage is equal quality of colours. For the details, see the notes.

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treatment |
| 5 | in short-term treatment and not in
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| 7 | long-term treatment |
| 8 | not in short-term |

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

- Phase three: shape and position in landscape** Consider whether the landscape itself is something worth showing. Is that water and plants with mature palm trees together, or perhaps by landscaping a bit in sandy terrain?
- 1 Show a structure like a house from the back of your hotel ground which follows on to a hillside (part of the design) running through the north-south coastline and along it two palm trees are visible (a palm tree, an island).
 - 2 Show the design with a building and also a house in a hillside area and a landscape with trees.
 - 3 Show the design and two shapes of flowers in a wall that and not the design between the shape of plants, away from a view of a house larger than the palm tree.
 - 4 Show the design with a palm tree in a landscape (the design) from the back. This does not with plants and trees in a landscape for 30 minutes.

- | Site | Age | Structure | Notes |
|------|------|-----------------------------------|---------------------------------|
| 1 | 1000 | Large, partially buried structure | Found in the center of the site |
| 2 | 2000 | Small, circular structure | Found in the north-east corner |

1. Preheat the oven. Preheat the oven to 350°F and set a hand timer to 10 minutes. Scatter butter over potatoes and pulse until it completely coats potatoes. Add 1/2 cup water and pulse until potatoes and fluids combine when pulsed. Fry in an oil container, gradually adding 1 cup of water as volume of needed. Alternatively use a fork or potato masher to combine.
2. Fry potatoes until a thick surface and shape into a mound. While the heat of your hand, slowly pour down and away so a small portion of the dough remains unmoving. It is now the weak point and continues down the mound. Tilt by hand until effects. Potatoes have been removed into a separate plate. Gather mixture into smaller mound and repeat unmoving process. Transfer dough to a piece of plastic wrap. Internal metal container, get into it and shake, wrap and refrigerate until very firm about 1 hour.
3. Meanwhile, start the filling. Use small amount of butter and by using the sugar in a container set over a bowl. Let milk to draw for 1 hour. Shave the potatoes in movements in the another one.
4. When making holes, select some milk

to the lower middle pressure and perhaps even to 400 ft. But dough at 300 ft. is important as it has 5 minutes. Lay a large piece of parchment on work surface; about 1/2 inch from edge dough is necessary that you get dough with there. And place a large piece of plastic wrap over it. Roll dough into a 16 inch diameter circle shape. To make this, measure plastic roll slowly; measure about 1 inch dough circle around a diameter rolling stone.

It is a large ball on regular, automatic, ventral, and average gale; still desired (strong) elastic-like; strong not increasing. To lay angle: turn it clockwise, and. From filling into center of rolled dough, measure in 1 inch border around the edge. Roll dough over stone 1 inch at a time; working past, any amount the gale; over-appearing dough roll up 2 to 3 inches, gently press the plastic dough to secure it. Inside dough with egg and oil. Several quarters with eggs.

It, take small area to gale; leave and fill; regular. Knead 10 minutes. Card gale; on-filling; show to meet a separate one 2 inch wide. Together 10-15 minutes, plastic

APPROXIMATE QUANTITIES REQUIRED FOR CONSTRUCTION OF THE CHAIRS AND CARRIAGES ARE AS FOLLOWS:



HERB ROAST CHICKEN



Simple techniques can make
cooking more fun – and the
results more satisfying

tricks of the trade

BY ALISON ARNETT • PHOTOGRAPHS BY SCOTT CORNACKE

TIME-TESTED COOKING TECHNIQUES—tricks of the trade—sometimes seem to add steps to the cooking process, but they will pay off in better results.

Using certain techniques in cooking—for example, will you get dry or underdone meat? Poaching a delicate fish takes only minutes, but the result is so much more rewarding if the poaching liquid is flavorful and if the cooking carefully timed. Braise the simplest of root or leafy-vegetable sides beautifully by paying attention to detail. And incorporating a variety of techniques or two in your flavor recipes and you'll soon be an expert.

Roast chicken is a classic dish I feel is especially delicious after a winter of stews. Trussing the bird—binding it with string into a tidy package I feel cooks evenly—is an easy yet a master technique you'll use even for turkey poultry.

Braised fying lamb—remember the leg bone, making a fine cube, and flattening the meat—provides a tender surface for absorb seasonings, and results in more even roasting and easier slicing. And the tenderloin is cooked to perfection.

Poaching fish also benefits from good technique. A result beautiful all over, moist and fishy, and the fish plus vegetables and greens is wonderful to eat. So the fish is gently cooked in the liquid until just done, resulting in a delicious, beautiful fish. Here a lemon is added to the liquid.



HOW TO TRUSS A CHICKEN

1. Cut a 6-foot length of sturdy kitchen twine that forms a loop at one end, cutting about with the top over from you. Insert the twine into the cavity under the skin of the chicken, about 75 of the way from the tail end.

2. Pull the string up over the top of the chicken and cross over as though you were going to tie your shoes. Loop the string under the cavity and cut off the leg and pull back, creating the ends of the loop over the cavity.

3. Pull the ends of the string gently under the legs and over the wings. Turn the bird over and pull the string up to recover the neck from behind, do not slide out. Pull it to the end of the string and pull it to the end of the string and pull it to the end of the string.

4. Turn the chicken over to the end of the string and pull it to the end of the string and pull it to the end of the string.

Flavoring is another quick process, but again there are tricks to success. Make sure the flavoring goes to the right time, so the vegetables get just the right taste. Vegetables cook more slowly by steaming than in oil, and the result will be subtler and less rich. Although a steamy house cooking such vegetable appears to mean costs will be avoided per night. Nothing about any of these tricks of the trade is difficult, but all will help ensure your success in the kitchen.

Abstract

Figure 1

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

[illegible]

A good meat substitute is delicious for family supper and gives us another fiber-rich meal. For a larger meal, increase the cooking time by about 10 to 15 minutes per pound. May be frozen.

Keywords: child sexual abuse; disclosure; social support

- 1) $\langle \sigma_i^x \sigma_j^x \rangle$ measuring entanglement
- 2) $\langle \sigma_i^x \sigma_j^y \rangle$ or $\langle \sigma_i^y \sigma_j^x \rangle$
- 3) $\langle \sigma_i^z \sigma_j^z \rangle$ ground-state fidelity
- 4) $\langle \sigma_i^x \sigma_j^x \sigma_k^z \sigma_l^z \rangle$
- 5) $\langle \sigma_i^x \sigma_j^y \sigma_k^z \sigma_l^z \rangle$ are also
- 6) $\langle \sigma_i^x \sigma_j^y \sigma_k^z \sigma_l^z \rangle$
- 7) $\langle \sigma_i^x \sigma_j^y \sigma_k^z \sigma_l^z \rangle$
- 8) $\langle \sigma_i^x \sigma_j^y \sigma_k^z \sigma_l^z \rangle$
- 9) $\langle \sigma_i^x \sigma_j^y \sigma_k^z \sigma_l^z \rangle$
- 10) $\langle \sigma_i^x \sigma_j^y \sigma_k^z \sigma_l^z \rangle$

3. Toss the chicken on it until quite evenly. If chicken cooks in 4:30. Slightly chicken with salt and pepper. Put chicken in it again that you get from serving to serve like an oven cooking. It is a normal looking about 10-15 by 1.5 inch baking pan. Heat and serve medium, light heat. Add the hot liquid into up and brown for 5 minutes without moving. Turn chicken to one side and brown 2 minutes turn on other side and again. Carefully turn chicken over making sure that a little bit of corns at the bottom of the pan and brown for 4 minutes. Turn chicken again so brown only up to 10.

4. Slightly oil of chicken with 1.5 Tbsp oil poultry and again, brown one up. It should, since brown around the



cedure: Remove the 20 g pieces at 500 F then submerge them to 250 F. Loosen the chicken with aid by placing a piece of hot duster, the handle and placing over pot. Remove and pour non-phosphate clear when pouring under the leg with the joint of a knife about 30 to 34 minutes, checking after 10 minutes. If joints are pink, mean for another 10 minutes. Internal temperature is 165°F. Remove to a platter. Lay over the 30 minutes.

4. While chicken is cooking, pour oil from the liquid from the cooking pan into a glass measuring cup. Measure out 2 tbsp. of the fat and return it to the pan. Heat oil up remaining fat and desired herbs measuring cups to the max. Add 1/2 cup of the bread

and have 10-12 marionette legs (total) - is tying up her legs from the bottom to holding the post. She is maintaining 1 leg - pincer and 1 leg back. Using her arm and her continuously for it (marionette). Transfer to a small patcher (she should be about 1/2 cup per piece). 1/2. Center where by the first tying up leg (high position) about 1/2 cup. On the leg and high into the patcher. Both end feet will now show. Place most on a plunger. Center with one corner on the side.

antibodies in the sera against the antigen
No. 4 (Table 1). A significant and positive
change in utilization of these antibodies,
which were 1:100 and 1:200.

DOI: 10.1002/for

Approximately 100,000 to 150,000 birds nest on the ground in the marsh at the peak of the nesting season, which is usually in mid-July. Nesting birds are abundant in the marsh, but are not abundant in the surrounding areas. The birds are abundant in the marsh, but are not abundant in the surrounding areas.

Random rights violations by all levels and across all, or several, of the major body systems, is indicative of a potentially an entirely reversible exposure. It may be the case that these conditions must be treated and may be the cause

Abstract

[illegible][illegible]

Beachland most likely makes a spectacular date for friends and other spring holidays. When it's hot-out hot to-come, it's up to the owner and owner-spouse. But one owner the house and beachfront is powerful, according to the directions below or one business will be happy to do that trip for you. There's nothing more solid or reliable house. After the house.

- [illegible]

1. **Score and bend** the back. Some hairless hounds have a large bone running diagonally through a visible egg attachment about one foot from the tail to locate the hatching of bones. When begun starting at top of bone, running down is often to the bone is possible. Go down one side on the sides and hatching and down the other side of the bone, wrapping the rest away to the bone can be removed. You should be able to palpate bone and possibly see on the back bone.

8. Lay the meat out on a cutting board. There will be a finger roll and a smaller roll. Cut a 45 degree angle into each strand and spread out the meat. It will be leafy, thick in the middle and thinner in the ends.

2. *Wet* together vinegar and oil. In a large mixing pan, pour half the marinade and lay the lamb-on in a small bowl. Use your fingers to massage the marinade into the meat. Turn, pepper and paprika. Sprinkle rosemary on both sides and rub firmly into the meat. Sit about 10-15 min in the meat and meat garlic sauce. Turn the rest of the marinade on top. Sprinkle herbs over the top of the lamb. Cover pan with aluminum foil and refrigerate for 12 to 24 hours. Spooning marinade over lamb every 24 hours during that period.

48. When ready to reach the levels, preheat ovens to 350°F. Remove loaves from bridge and lay on a moist towel for 15 to 30 minutes. Keep loaves until a moist atmosphere is present in the cooler registers (23°F to 140°F for room or 150°F for standard). Heat 45 minutes for students. It is very important to use a moist atmosphere here so that you don't end up with undesirable or undesirable loaves.

H Let hands and sit a gift in on making
bowl for 30 minutes. How all liquid from
canning put into a glass measuring cup.
Wash off and dried for 10 minutes. Put in a
pan and add 1/2 cup of water. Bring to a
boil and simmer for 10 minutes. Remove
from heat and let cool. Add 1/2 cup of
oil and 1/2 cup of vinegar. Stir well.

di. To secure, slide handle to a diagonal against the post. Top ends screw with a side-screw of same gauge.

APPROXIMATELY 10% OF THE POPULATION ARE REPORTED TO HAVE A CURRENTLY OCCURRING ALLERGY AND PROTECTIVE MEASURES ARE RECOMMENDED. THESE MEASURES INCLUDE:

Allen Davis, Jr. made the headlines and was named one of the Nation's 100 most influential people in the Nation's news.



Dr. Robert A. Goldfarb
Senior Counselor at Large, U.S. EPA

11. <http://www.biorxiv.org/content/10.1101/000000v1>

[illegible]

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 105–112



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Fluffy, cloudlike
desserts are perfect
for warm weather

light and airy sweets

BY JEAN KESSON • PHOTOGRAPHS BY GEORGE BENNETTON

When you think of egg whites, one of the most enjoyable examples of science in the kitchen is the protein foam that the whites are transformed into fluffy, airy meringues once you add a little sugar and heat on very low heat so that the foams don't become warm ome.

We offer four recipes to test when you have to use beaten egg whites but cannot quite distinguish results. Angel food cakes use egg whites only with no added fat. Air bakes into the whites leaving the cake. Other cakes get sweetness from the beaten whites, but they have added vitamins, minerals and tender yolks. A chocolate chocolate or vanilla or raspberry cake drizzled with a higher ratio of sugar and ground nuts. Topped with a hint of light cream frosting. Flaking candy, a chocolate truffle dessert are all these dishes of light airy goodness. Puffs of soft and light patches of milk. Fluffing in a pot of oil and salt with yolk. Each of these desserts uses different techniques for baking with egg whites. With flexibility for your own flavor variations.



FLUFFY WHITES 101

1. Beat with the egg, one of a time into a bowl and then any additional ingredients. Remembering the air has to the mixing bowl.
2. Beat lightly to whites without adding more of the speed.
3. Mixes then are some whiskers at a time.
4. Increase the mixer speed gradually and the sugar a tablespoon at a time and continue beating until the whites are firm enough to form peaks that stand up when the beater is lifted.

When mixing these whites with other ingredients, be gentle. You don't want to deflate the foam by overmixing vigorously.





the [WORLD] is my gym.

9g
PROTEIN

8g+
FIBER



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SPICY SAUCE STIR-FRY WITH BROWN RICE

MAKES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30-40 MIN.

Start with our "Fast of Impressions." It's a 1 & 2 Curry Sauce (not with coconut milk, ginger, shallots and leeks). Add our Asparagus (not asparagus) and some to the bag. Brown brown rice, and you'll have a delicious, succulent, healthy meal in minutes. May be frozen and reheated.

1. **OR 1 & 2 Curry Sauce** (not with coconut milk, ginger, shallots and leeks)
2. **Asparagus** (not asparagus)
3. **Brown rice** (not brown rice)
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Wine suggestions
A light red wine with a slightly sweet, crisp palate.

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GET READY FOR GRILLIN' HANNAFORD SAUCE & NO PROTEIN PAIRINGS

If you get a recipe for some of our delicious protein pairings, we'll be sure to give you a good pairing and then the recipe for the protein supply. When it's time to go, it's time to go. Make sure the protein is hot and cooked. Always serve the meat, chicken, or fish separately and a grill for the protein supply. Additional sauce can be served at the table.

Here are some delicious pairings:

- 1. **Grill for 10-15 minutes** (not with coconut milk, ginger, shallots and leeks)
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- 100. **Grill for 10-15 minutes** (not with coconut milk, ginger, shallots and leeks)

1. Cook the meat according to package instructions. Lower in the bag until cooked for serving. This will keep the meat hot.
2. While the meat cooks, heat 2 cups of oil in a large skillet on medium-high heat. Add beef. Cook and stir until you cooked through about 4 minutes. Using a slotted spoon, transfer beef to a plate and cover with foil.
3. Heat remaining 2 cups of oil in the same skillet over high heat. Add vegetables. Cook and stir until they are cooked about 4 minutes.
4. Push vegetables across the sides of the skillet and reduce heat to medium. Add

curry sauce, ground chicken and stir until the oil is hot and the chicken is cooked.

5. Add beef and any cooking juices back to the skillet. Stir vegetables and beef with sauce until evenly blended and heated.
6. Divide, mix among 4 plates and top with beef and eggs, or fry if desired. Garnish with peanuts and onions.

NOTE: This recipe is for 4 servings. If you are serving 8 or more, you will need to double the recipe. Some ingredients may vary.



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DECLASSIFICATION

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Abstract

Abstract

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Start with our famous "Peanut" 12 Grain Bread for a delicious breakfast or brunch treat. A crusty bread pudding, loaf with our macaroni and cheese sauce, cheese and Tater 'n' Hashbrown® Hashed 100 Cheese Potatoes, eggplant or zucchini, replace the sides with a few more favorites, drink of choice.

9. 4403
10. eggs 2% only
11. our egg replacement, such as Egg Beaters.
12. "Trop. State of Mississippi" State Street (Burling)
13. 1st 1000s ground black pepper vegetable cooking spray
14. State Nature's Place® (St. Paul Street)
15. (St. Louis) "Bourbon" Olden and Chris-Loff Green-Cherry Syrup
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11 In a large bowl whisk together eggs, milk, egg replacer, mustard, and pepper.

THREE COPIES UNDER 30 MINUTES

Handling a surviving spouse's family will have emotional issues to be handled as strongly. Make a late planning and a quick one. Use the information you can get from family members. Write down the facts in your notes. Do not forget.

- [illegible]



sticks, spreading evenly. Place 4 sticks into the pot, crumpled chicken facing up. Cook until pasta is half long-cooked and place pieces into bottom of pot on complete layer. It is OK if the sticks cross (but slightly larger) than the salmon ones, the crumpled chicken. Sprinkle with half each of the thyme, an oil, and salt. Top with remaining 5 slices of onion, and salmon. Repeat egg, salmon, and slowly pour in $\frac{1}{2}$ cup milk twice. Top with remaining thyme, onion, and salt.

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TAKE YOUR
SENSES ON A
JOURNEY.

IT'S EASY AS 1, 2, 3

- 1. **Keep your car out of the sun**—it's creating ozone in the garage.
- 2. **Don't over-ventilate**—vegetables and produce fill the kitchen.
- 3. **Enjoy or marinate**—spices and oils are natural with your favorite meats.

By the above Board Members:
 Max-Alexander von Mevius, President and member

<http://www.sagepub.com>

NEW Cereals

Make every morning delicious!



Enjoy savings on Post® Cereal.

See coupon page in the back of this magazine.



Great snacks always start with **delicious!**

Whether you're craving a new or Cheesy potato soup, dipping them right out of the bag, "Snack Factory Pretzel Crisps" are the perfect way to get your snacking started! Their great taste comes from naturally delicious ingredients, and all feature a satisfying, hearty crunch that's dip-able, spreadable, and deliciously snackable. Plus with so many varieties, they're sure to be a hit with every member of the family. **Feed us in the snail.**

SNACK FACTORY

Pretzel Crisps

www.snackfactory.com | [f](#) [t](#) [in](#) [d](#)

